ADHD Care Steps

Small steps, visible cues, kind reviews. Systems, not willpower.

Name: _____ **Date:** _____

1. Safety first

Mood, sleep, risk.
Crisis? Get help.

2. Know my care

Evaluation,
prescriber, supports.

3. Map costs

Where ADHD costs me
the most.

4. Strengths

When I work well, and
why.

5. Environment

Remove distractions,
add cues.

6. Next action

Tiny first step, when
and where.

7. Focus blocks

Timer, one task, short
breaks.

8. Transitions

Checklists and a pause
plan.

9. Weekly review

Keep what works,
change one.

What ADHD worksheets are and are not

Executive function practice pages, best used with a clinician or coach.

Is Practical skills and systems	Next actions, focus blocks, cues, reviews
Is not Not an ADHD treatment by itself	A diagnosis, a cure, a medication swap
Care Refer when more help is needed	Evaluation, prescriber, therapy, coaching

Skill practice aid only. Does not diagnose or treat ADHD.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

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Original layout by Lotus & Tulip, based on published ADHD and executive function research. Not therapy.

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My Focus and Follow-Through Plan

Where it gets hard, next actions, focus blocks, cues and support.

Name: _____ **Date:** _____

My executive function map

Starting tasks is hardest when: _____

I lose time when: _____

I forget things like: _____

I work best when: _____

Next actions and focus blocks

Big task: _____

Next tiny step (2 to 10 min): _____

Where and when I will start: _____

Focus block 1 (time and task): _____

Focus block 2 (time and task): _____

Environment, cues and support

One distraction I will remove: _____

One visible cue I will add: _____

My launch pad spot: _____

My time multiplier (guess x ?): _____

Body double or check-in person: _____

When feelings run fast, I will: _____

My weekly review day and time: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Notes and what I want to try next:

_____

_____

_____

_____

_____

_____

_____

_____

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Practice Log

Task, barrier, skill used, outcome. Data, not judgment.

Name: _____ **Date:** _____

Day	Task	Barrier	Skill used	Outcome / notes
1				
2				
3				
4				
5				
6				
7				

ADHD pocket cards (cut out)

Tiny step What is 2 minutes of it?	Timer Start 15 minutes now	Write it Park the distraction
Buddy Body double or check-in	Buffer Guess, then add half	Launch pad Keys, wallet, bag here
Pause Step away 90 seconds	Kind voice Not lazy. Learning.	Safety 988 · HOME 741741 · 911

Not a treatment. Medication questions go to your prescriber. In danger: 988 or 911.

Wins this week (big or small):

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The complete, ready to print version is here:

ADHD Worksheets for Therapists

Fillable PDF, 20 pages: task breakdown, time estimation log, daily top three, habit tracker and impulse pause

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607243821 | instant digital download

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